

FLEXZONE LIFE

WELLNESS MAGAZINE | SUMMER 2026

REWRITING
BEAUTY
WELLNESS
FOR
DIVERSE
HAIR
& SKIN

BREATHWORK
BACKED BY
SCIENCE

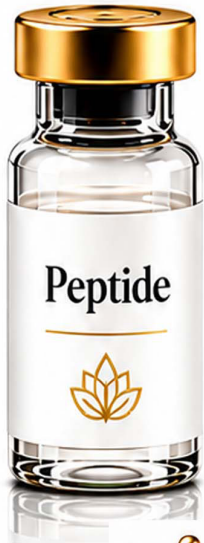


WHY MORE
PEOPLE ARE
CHOOSING
MEXICO FOR
LUXURY
LIVING

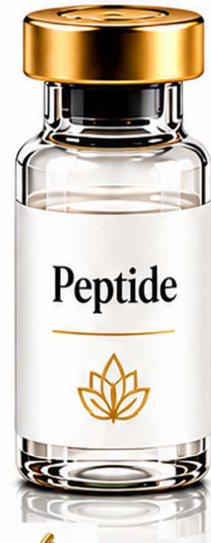
FROM NEW
YORK TO
MEXICO

CONSTRUIDO
DIFERENTE





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TABLE OF CONTENTS

4 LETTER FROM THE EDITORS

5 SIGNALS

Observations Shaping Wellness,
Leadership, and Intentional Living
Flexzone Editorial Team

8 INSIDE THE MOVEMENT

The People and Places Defining
Wellness
Flexzone Editorial Team

9 FROM DREAM TO DOORSTEP

Why More People Are Choosing Mexico
for Luxury Living
Norma Gómez

11 THE NEW LUXURY IS INTENTIONAL LIVING

Why More People Are Choosing Mexico
for Luxury Living
Flexzone Editorial Team

12 BREATHWORK BACKED BY SCIENCE

Breathwork 101: What It Is
and Why It Matters
Kevin Connelly

13 THE CALM IN THE COLD

Finding Strength in Ice Baths
Sarah Benz

14 THE WELLNESS EDIT

Small Shifts, Elevated Living,
Intentional Wellness
Flexzone Editorial Team

15 HEALING BEYOND THE SMILE

How Biological Dentistry Impacts Our Body
Dr. Luis Manuel Cabrera

16-19 FROM NEW YORK TO MEXICO

From Burnout to Better
*Adrienne Dawkins Smith
& Charne "Smitty" Smith*

21 DISCIPLINE BY DESIGN

Charne "Smitty" Smith

22 BUILT DIFFERENT

Leonard Torreblanca

23 CONSTRUIDO DIFERENTE

Leonard Torreblanca

24-25 REWRITING BEAUTY WELLNESS FOR DIVERSE HAIR AND SKIN

Teresa Hemmingway

26 WELLNESS IS NOT A PRACTICE

Flexzone Editorial Team

28 WELLNESS ABROAD

Flexzone Editorial Team

29 ENDURANCE AND ENLIGHTENMENT

What Cycling and Yoga Taught Me
Osvaldo Tenorio Barajas

30 CURRENTLY CURATED

A Seasonal Collection of What's Shaping Our
Routines, Perspectives, and Environment
Flexzone Life Editorial Team

32 LIVING OUT LOUD AT 58

A Testimony of Faith, Resilience, and
Rewriting What's Possible
Stephanie McSwine

33 NOURISH INTELLIGENTLY

Rethinking Your Plate and the New
Nutrition Era
Adrienne Dawkins Smith

EDITOR'S LETTER



There was a time when I believed achievement alone was enough.

Like many high performers, I pushed through exhaustion, ignored misalignment, and treated burnout as the cost of ambition. Success looked impressive on the outside, but internally, something was missing. The pace was unsustainable, the pressure was constant, and eventually I realized that wellness could no longer remain an afterthought.

That realization became the foundation of Flexzone Life.

Flexzone Life was never created as a surface-level wellness brand. It was built around a different philosophy of living, one rooted in discipline, intentionality, longevity, presence, and the belief that true luxury means having the health, clarity, and alignment to fully experience your life.

This issue marks the first official print and in-store release of Flexzone Life Magazine.

Within these pages, you will find conversations centered around nervous system health, intentional living, wellness beyond aesthetics, relocation, recovery, discipline, and modern luxury. You will also see the beginning of our expansion into select retail, wellness, and fitness spaces throughout New Jersey, Houston, Los Angeles, and the Riviera Maya.

4 FLEXZONELIFE.COM

More importantly, this issue reflects the direction we are moving in.

Flexzone Life was not created to chase trends or perform wellness for appearance alone. It was created for people building real lives, carrying real responsibilities, and seeking success that still leaves room for health, presence, relationships, peace, and purpose.

This magazine exists as a space where ambition and alignment can coexist. It exists as a place where wellness is approached with intelligence, intention, and depth rather than pressure, performance, and burnout.

Thank you for being here at the beginning of this next chapter.

This is Wellness Rewritten. This is Flexzone Life.

With gratitude,

Adrienne & Smitty

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SIGNALS

Observations Shaping Wellness, Leadership, and Intentional Living



Flexzone Life Editorial Team

1

Rest Is Becoming a Status Symbol

For years, exhaustion was worn like a badge of honor. Now, high performers are beginning to understand that true luxury is not constant accessibility, it is the ability to protect your peace, your time, and your nervous system without apology.

2

Wellness Is Moving Beyond Aesthetics

People no longer want wellness that only looks good online. They want energy, clarity, longevity, emotional stability, hormone balance, deeper sleep, stronger relationships, and lives that feel sustainable behind closed doors.

3

Global Living Is Redefining Success

More professionals, entrepreneurs, and families are quietly choosing slower, more intentional lifestyles outside of the cities they once believed they had to conquer. Success is becoming less about proximity to pressure and more about proximity to peace.

4

People Are Craving Lives That Feel Good Offline

Luxury is no longer just about appearance, exclusivity, or status. Increasingly, people are craving lives that feel calmer, slower, healthier, and more connected behind closed doors.

More individuals are redefining success through:

- Flexibility
- Emotional well-being
- Meaningful relationships
- Nervous system regulation
- Intentional routines
- Time
- Presence
- Peace

Because what looks good externally no longer feels sufficient if life internally feels disconnected.

5

High Performers Are Quietly Burning Out

Many ambitious people are functioning while emotionally exhausted. Productivity can mask depletion for years. The conversation around burnout is finally shifting from survival to sustainable leadership.

6

Wellness Rewritten

Modern wellness is no longer one-size-fits-all. People are beginning to question surface-level solutions and reconnect with practices that feel intentional, embodied, and aligned with how they truly want to live.





YOUR LIFE IS ALLOWED TO FEEL GOOD AGAIN.

Flexzone Life. Summer 2026

INSIDE THE MOVEMENT

THE PEOPLE & PLACES DEFINING WELLNESS

NEW JERSEY



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MEXICO



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📍 *Multiple Locations*
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AUSTIN, TEXAS
COMING
FALL 2026



WHO IS REDEFINING WELLNESS, INNOVATION, AND LONGEVITY IN AUSTIN?

From wellness entrepreneurs and performance experts to recovery spaces and pioneering brands. Flexzone Life Magazine is spotlighting the people shaping the future of wellness in Austin.

HOUSTON, TEXAS
COMING
FALL 2026



WHO IS REDEFINING WELLNESS IN HOUSTON?

We're looking for people, brands, and spaces shaping the future of luxury wellness, beauty, fitness, performance, and intentional living.

LOS ANGELES, CALIFORNIA
COMING
FALL 2026



WHO IS SHAPING FITNESS IN LOS ANGELES?

From recovery and aesthetics to fitness culture. Flexzone Life Magazine is spotlighting the brands, coaches, facilities, and innovators shaping modern wellness in Los Angeles.

ATLANTA, GEORGIA
COMING
FALL 2026



WHO BELONGS INSIDE THE MOVEMENT?

From fitness and beauty to recovery and intentional living. Flexzone Life Magazine is expanding into Atlanta to spotlight the people and places driving the future of wellness and modern living.

KNOW SOMEONE WE SHOULD FEATURE? LET US KNOW. [FLEXZONELIFE.COM/MAGAZINE](https://flexzonelife.com/magazine)

From Dream to Doorstep:

Why More People Are Choosing Mexico for Luxury Living

by Norma Gómez



“Luxury living begins with choosing a life aligned with your values.”

Waking up in the perfect place: white sandy beaches, sunrises painted across the sky, and a climate that fills your body with serenity, harmony, and vitality. This dream has inspired so many, and for the past six years I've had the privilege of helping people transform it into reality.

We live in an extraordinary moment, one where people everywhere are searching for deeper connection within themselves, with others, and with the environment that surrounds them. More and more, natural settings accelerate our ability to heal physically, mentally, and spiritually. The Mexican Caribbean offers exactly that: an environment where the rhythm of life invites you to slow down, reconnect, and rediscover balance, without sacrificing modern comfort or luxury.

This is one of the reasons why Mexico has become such an attractive destination for investors, retirees, and families seeking a healthier and more abundant lifestyle. Here, life is not only about enjoying breathtaking beaches and turquoise waters, but also about accessing an affordable yet sophisticated way of living. With lower entry barriers compared to many other international markets, Mexico provides a unique opportunity to invest in real estate that makes sense both emotionally and financially.

Beyond lifestyle, the fundamentals remain strong. Mexico continues to grow economically and in infrastructure, attracting rising levels of international investment. Tourism demand climbs year after year, with over 30 million international visitors choosing Mexico annually. This demand supports both short-term vacation rentals and long-term living, generating rental income and steady capital appreciation for investors.

Within Mexico, the Riviera Maya stands out as one of the most resilient markets. It holds first place in Latin America for foreign direct investment in tourism, benefits from tax advantages that appeal to international buyers, and consistently delivers some of the highest returns on investment in the region. This combination of growth, cultural richness, and natural beauty positions the Riviera as a premier global destination for those seeking both lifestyle and profitability.

Ultimately, everything begins with an idea, an image of the life you wish to live. With the right intention and guidance, that idea becomes reality: a life aligned with your values, filled with clarity of purpose, and supported by an investment that makes sense today and for the future.

Mexico is not just a destination; it is an invitation to a new chapter. One where abundance, well-being, and opportunity come together at your doorstep.

BIO: Norma Gómez is a Riviera Maya-based real estate and financial advisor specializing in luxury developments and investment properties across Mexico's most sought-after markets.

Through a lifestyle-driven approach to real estate, she helps clients align investment opportunities with long-term wellness, abundance, and intentional living.

YOUR BRAND BELONGS IN THIS CONVERSATION



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THE NEW LUXURY IS INTENTIONAL LIVING

By the Flexzone Life Editorial Team

Luxury has evolved. It is no longer defined solely by access, status, or accumulation. The modern definition of luxury is discernment. It is the ability to choose how you live, how you work, how you recover, and how you allocate your most valuable resources: energy, attention, and time.

High performers understand this shift intuitively. Achievement without alignment eventually becomes unsustainable. Burnout is no longer a badge of honor. Productivity without restoration creates diminishing returns. The new luxury is designing a life that supports longevity, clarity, and nervous system stability while still allowing ambition to thrive.

Intentional living is not minimalism for the sake of restraint. It is precision. It means curating environments, relationships, routines, and commitments with discernment rather than obligation. It means building margin into life rather than constantly operating at maximum output. It means recognizing that how you recover determines how well you perform.

This shift reflects a broader cultural reframe around wellness and leadership. Executives, founders, creatives, and athletes alike are increasingly prioritizing sleep quality, recovery protocols, breathwork, nutrition integrity, and movement practices not as trends, but as infrastructure. Health is no longer viewed as a side project. It has become a strategic asset that compounds over time.

The data reinforces this evolution. According to the World Health Organization, chronic workplace stress contributes to an estimated 745,000 deaths globally each year from heart disease and stroke alone. The American Institute of Stress reports that 77 percent of adults regularly experience physical symptoms caused by stress, while 73 percent

experience psychological symptoms. Sleep deprivation compounds the problem. The Centers for Disease Control classifies insufficient sleep as a public health epidemic, noting that adults who consistently sleep fewer than six hours per night face significantly higher risk for obesity, diabetes, cardiovascular disease, depression, and cognitive decline. These outcomes are not anomalies. They are the predictable result of sustained nervous system overload without intentional recovery.

Intentional living therefore becomes a form of leadership, not indulgence. It is the discipline of creating conditions that allow clarity to emerge and resilience to compound. It is the confidence to say no to what drains and yes to what stabilizes. It is the ability to build success that does not require self-erosion as the cost of entry.

Luxury, in this context, becomes quieter and more refined. It shows up in protected mornings, spacious calendars, high quality nourishment, thoughtful travel, restorative movement, and environments that regulate rather than overstimulate. It is felt in nervous system steadiness, consistent energy, emotional coherence, and sustained creativity rather than constant urgency.

The future belongs to those who understand that capacity is built, not extracted. Intentional living allows ambition to mature into mastery. It transforms wellness from a reactive response into a proactive architecture for long term vitality, clarity, and leadership.

At Flexzone Life, we believe this recalibration represents the next era of elite living. When life is designed with intention, performance becomes sustainable, presence becomes accessible, and success expands beyond achievement into true alignment.

BREATH, BACKED BY SCIENCE WITH KEVIN CONNELLY

Breathwork 101: What It Is & Why It Matters



Once dismissed as fringe “woo woo,” breathwork is now being studied in top universities, recommended by therapists, and practiced by CEOs and professional athletes to stay at the top of their game. Far from being just another wellness trend, it has become a proven method for managing stress, regulating emotions, and creating balance in daily life. Thousands of scientific studies now back what ancient traditions have taught for centuries: the way you breathe directly influences your mind, your body, and your overall well-being.

Modern research shows that slow, deliberate breathing activates the parasympathetic nervous system, calming the body and lowering stress hormones like cortisol. Fast, energizing techniques can stimulate the sympathetic nervous system, giving you a safe surge of energy when you feel flat or unmotivated. Studies on everything from anxiety to depression to athletic performance reveal measurable benefits when people learn to control their breath. Brain imaging has even demonstrated how breath patterns influence activity in the amygdala, the part of the brain responsible for fear and emotion, offering a biological explanation for the sense of calm many report after a session.

What makes breathwork powerful is its accessibility. Unlike medication or therapy appointments that require cost and scheduling, your breath is always with you. Whether you are preparing for a big presentation, winding down from a stressful day, or processing unresolved emotions, specific

breathing techniques can be used like tools from a toolbox.

Breathwork also bridges the gap between mind and body in a way few practices can. It doesn't just quiet racing thoughts, it influences heart rate variability, brainwave patterns, and even the chemistry of the blood. I've conducted my own research into this area and can gladly say these changes can do wonders for overall mental and physical health.

Beyond the science, breathwork has also become a way for people to reconnect with themselves and with community. Group sessions often create a shared rhythm that makes participants feel supported and less alone in their struggles. On an individual level, many describe breathwork as a practice that helps them tune into their body's signals, uncover stored emotions, and find space for reflection. This combination of measurable physiological change and deeply personal insight is why breathwork has moved from the fringes into hospitals, wellness centers, yoga studios, and corporate boardrooms alike.

What began as mystical practice on mountaintops and in temples has now been confirmed in labs and clinical trials. Breathwork is no longer just an ancient secret, it is a scientifically validated method for emotional regulation and personal growth. And perhaps most importantly, it is something you can start practicing right now, with nothing more than a few intentional breaths.

THE CALM IN THE COLD

*Finding Strength
in Ice Baths*

By Sarah Benz

Anxiety does not always whisper. Sometimes it roars. I felt it in my chest, heat rising in my face, my mind racing so loudly I could not hear myself think. I had just ended a six year relationship. I was living as a single woman in a foreign country. I was spiraling. I needed something to pull me back into the present. My thoughts were always chasing the future, caught in an endless loop of stress and uncertainty. I tried journaling, walking, even long hours at the gym, but nothing could quiet the noise in my head. That was when I found ice baths.

As an athlete, I knew the physical benefits of ice baths. What I did not expect was the profound mental reset. For three and a half minutes in the ice, the noise inside me goes quiet. My breath steadies and the static dissolves. I sit with the discomfort and remind myself: I will be okay. I am resilient. I am strong.

The cold forces me into presence. Just me, my breath, and the water. In that moment, I am fully in charge of what is happening, and that is its own kind of freedom.

Did ice baths cure my anxiety? No. Stress will always exist. The cold did, however, transform how I meet it. It taught me not to run from discomfort, but to face it head on. That lesson now threads through every part of my life. Difficult conversations and uncertain moments no longer feel as overwhelming.

Because if I can sink into a tub of freezing water and find calm in the cold, then what else am I capable of? Sometimes the greatest transformations begin the moment we stop avoiding discomfort and learn how to move through it differently.

That kind of regulation changes more than the body. It changes the way we approach stress, uncertainty, relationships, and even the stories we carry around money, security, and self worth.

Bio: Sarah Benz has lived in Playa del Carmen, Mexico since 2013 and began her breathwork and ice bath journey in 2021. Through guiding thousands through ice bath experiences, she has witnessed firsthand the resilience, strength, and transformation that can emerge through intentional discomfort and nervous system regulation.

THE WELLNESS EDIT

SMALL SHIFTS • ELEVATED LIVING • INTENTIONAL WELLNESS

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01

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- 12 oz filtered water
- Fresh lemon juice
- Pinch of mineral salt (optional)

Stir and let sit 10–15 minutes until seeds expand. Sip and enjoy.



02

Overnight Chia Oats

A RECOVERY-FOCUSED BREAKFAST WITH FIBER & HEALTHY FATS.

- ½ cup rolled oats
- 1 Tbsp whole chia seeds
- ¾ cup almond milk (or milk of choice)
- ½ tsp cinnamon
- Topped with berries & nuts

Mix, refrigerate overnight, and enjoy chilled.



03

Coconut Vanilla Chia Pudding

A SOFT, SATISFYING TREAT THAT NOURISHES & SATISFIES.

- 3 Tbsp whole chia seeds
- 1 cup coconut milk
- ½ tsp vanilla extract
- 1 tsp maple syrup or raw honey
- Top with fresh fruit & coconut flakes

Stir well, let thicken 20–30 minutes (or overnight) for a creamy texture.

Other Ways to Use Chia Seeds



IN SMOOTHIES & PROTEIN SHAKES
Use ground chia seeds for a smooth blend and extra omega-3 support.



IN YOGURT OR COTTAGE CHEESE
Stir in for added fiber, texture, and satiety.



DIY HYDRATING FACE MASK
Mix ground chia with honey or aloe vera for a soothing, moisture-rich mask.



NATURAL THICKENER
Add to soups, sauces, or dressings for a gentle, plant-based thickener.

WHOLE vs. GROUND

WHOLE CHIA SEEDS

- ✓ Expand & gel when soaked
- ✓ Ideal for puddings, oats, chia water
- ✓ Provide texture & satiety



GROUND CHIA SEEDS

- ✓ Blend easily into smoothies & shakes
- ✓ Less texture, more absorbable nutrients
- ✓ Great for baking, yogurt, & sauces



WHY WE LOVE IT



Supports digestion & gut health



Helps sustain energy naturally



Rich in omega-3 fatty acids



Supports skin hydration & cellular health



Easy to incorporate into busy routines



Versatile for meals, drinks, & self-care rituals

“Wellness often begins with the small things we consistently choose.”

Healing Beyond the Smile:

How Biological Dentistry Impacts Our Body



By Dr. Luis Manuel Cabrera

When we think about dentistry, most of us imagine clean teeth, cavity fillings, and brighter smiles. But biological dentistry goes far beyond aesthetics or oral hygiene, it recognizes the mouth as a gateway to overall health. This holistic approach addresses not only dental issues but also their potential impact on the body's systems, offering a path to healing that extends well beyond the smile.

The Mouth-Body Connection

Scientific research has shown that oral health and systemic health are deeply intertwined. Infections, toxic materials, and chronic inflammation in the mouth can contribute to conditions such as cardiovascular disease, autoimmune disorders, chronic fatigue, and digestive imbalances. Biological dentistry works with this knowledge, seeking to prevent and treat dental issues in ways that support whole-body wellness.

Eliminating Hidden Toxins

Traditional dentistry often relies on materials such as mercury amalgam fillings, fluoride, or metals that can disrupt the body's balance. Biological dentistry takes a different

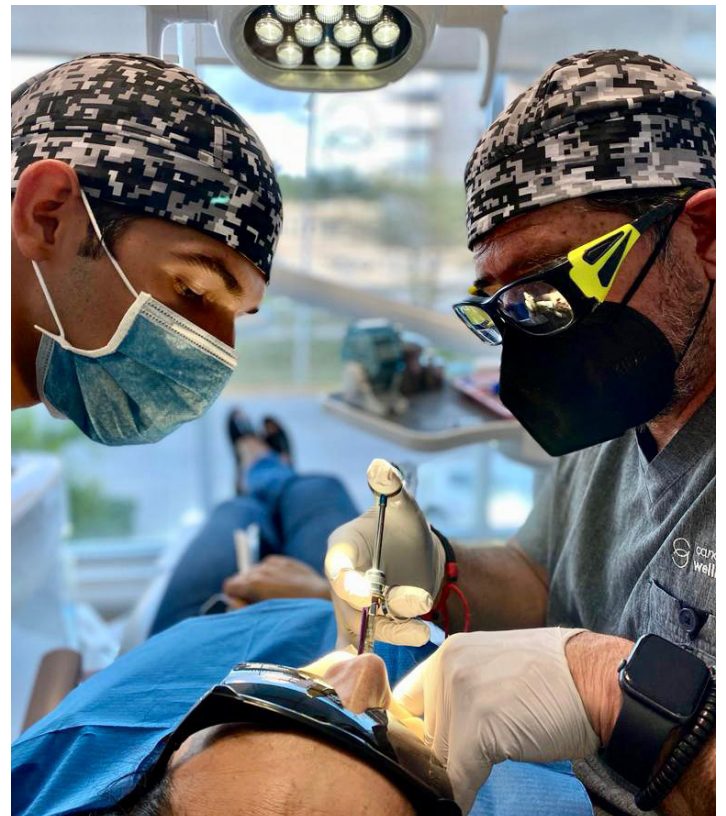
approach, using biocompatible materials designed to be safe, non-toxic, and supportive of the immune system. This reduces the risk of long-term toxicity and minimizes the body's inflammatory burden.

A Holistic Healing Process

Biological dentists also look beyond isolated symptoms. They may evaluate a patient's nutrition, lifestyle, and stress levels while recommending therapies such as ozone treatment, PRF (platelet-rich fibrin), or detox protocols to encourage natural healing. Tools like 3D imaging and dark-field blood analysis can reveal hidden infections or blockages that affect not only the mouth but also organs and tissues throughout the body.

More Than a Smile

At its core, biological dentistry is about restoring harmony between oral health and the body's natural healing capacity. By addressing dental problems as part of a larger health picture, this approach empowers patients to protect their immune system, reduce chronic inflammation, and unlock greater vitality. Because true healing is not just about preserving teeth, it's about nurturing the well-being of the entire person. A healthy smile, after all, is only the beginning.



From New York to Mexico: From Burnout to Better



By Adrienne Dawkins Smith & Charne “Smitty” Smith

**We didn’t move to escape our lives.
We moved to reconnect with them.**

When Mr. and Mrs. Smith left New York City for the Riviera Maya, they weren’t just trading skylines for sunshine, they were choosing alignment, freedom, and a new chapter. Together, their story embodies what it means to rewrite wellness on their own terms.

From the outside looking in, their lives already appeared successful. Leadership, business, media, travel, family, ambition, and achievement all painted the picture of a life in motion. Yet behind the polished image was a reality many high performers quietly understand: constant accessibility, emotional depletion, nervous system exhaustion, and a pace

of life so normalized that burnout no longer felt alarming, it simply felt like adulthood.

Like many ambitious entrepreneurs, they had learned to function while exhausted. Productivity became routine. Pressure became familiar. The grind was not just what they did, it became who they were. What they did not yet realize was that success without alignment eventually asks for a price.

Burnout, Breakthroughs, and Bold Choices

Adrienne traces her burnout back to 2023. Balancing a high-profile media role with leading a team of over 200 in the travel industry, she found herself constantly accessible to others, often more than to her own family. The breaking point came when a mentee’s negativity drained her spirit and revealed just how much energy she was pouring into those unwilling to pour into themselves.



Her healing began with silence: a 2.5-year break from social media and a step back from leadership roles. Yet even after such a pause, burnout resurfaced quickly after moving to Mexico. That is when Adrienne realized burnout was not circumstantial, it was cumulative.

Years of operating in survival mode had trained her nervous system to remain constantly “on.” Rest felt foreign. Slowing down felt unfamiliar. Even in moments of stillness, her mind continued racing toward the next responsibility, the next obligation, the next problem to solve. For years, exhaustion had been normalized and overworking had been praised as leadership. It took distance, silence, and intentional recalibration for her to realize how disconnected she had become from herself.

The severity of it shaped how she made the move itself. “I needed to finally be inaccessible, to unplug,” she shares. “When we moved, I did not tell anyone outside of my mother and two sisters. That was intentional. I did not want friends, extended family, or social media to know. I needed that first year to just be for me.”

The turning point came in the office of a holistic doctor in Mexico who finally mirrored back the truth: Adrienne had learned to give to everyone but herself. That realization ignited her rebirth. Leaving New York and choosing Mexico became her first true act of indulgence, for her, and by extension, for her family.

For Smitty, the move represented a clean slate. As a partner, he welcomed the freedom, the sunshine, and the pleasures of a different pace. As an athlete, he had no expectations, only his steady philosophy: “Do your best in whatever situation you are in.”

Breaking What No Longer Served

Adrienne’s greatest transformation was breaking the cycle of accessibility. She had given unearned access to people who did not earn it, a costly habit that left her depleted. Out of that healing emerged Flexzone Life, though not by design. “When I started on this journey, it was for no one else but me,” she recalls.

She first studied breathwork for her own practice, not wanting to rely on others to guide her. Stretch and flexibility came after an injury in 2023, nutrition arose from gut issues, and wellness coaching grew from wanting to support her family. None of it was planned as a business. “I was still recovering from burnout. The last thing I ever saw myself doing was



leading again. But God had other plans.”

Part of that healing also meant confronting another pattern: replacing one extreme with another. After years of overworking, Adrienne found herself deeply immersed in fitness and body transformation. The gym became a new focus, and visible progress became addictive. Yet even that eventually revealed another lesson, healing is not found in extremes. True wellness required balance, integration, and learning how to build a life that did not require constant proving.

For Smitty, discipline is the constant thread. “Bodybuilding did not shape my philosophy on discipline,” he explains. “My discipline shaped my philosophy on bodybuilding.” He rejects the idea that transformation means becoming someone new. Instead, transformation refines the self: “Even in transformation, you are still you. Perhaps a better version, but still you.”

Together, they began rebuilding their lives with greater intention, not abandoning ambition, but redefining what sustainable ambition actually looks like.

Mexico: Peace, Culture, and Daily Luxury

Mexico gave Adrienne a new rhythm: peace, allowance, and the freedom to simply be. “Here, you are allowed to live on your own terms, and that is so freeing,” she reflects. Her daily rituals became her anchors: breathwork to recalibrate and

morning walks through her gated community. Passing rows of luxury homes and feeling the sun on her skin, she found joy in the ordinary moments of extraordinary living.

For the first time in years, she was no longer constantly performing life, she was finally experiencing it. The silence she once feared became healing. Stillness became restorative. Small moments began to matter again. Morning sunlight, ocean air, movement, conversation, laughter, and uninterrupted peace all became forms of luxury that success alone had never provided.

It was also in Mexico that Adrienne and Smitty realized a missing piece of the puzzle. Despite doing months of research before the move, YouTube videos and online advice were not enough to prepare them for the reality of transitioning their lives. “It would have been great to have someone who could hold our hand or walk the path before us,” Adrienne recalls. “We would have even paid for those services, but no one offered them.” Out of that gap, Flexzone Life’s Relocation Services were born, designed to help others avoid the same hurdles. Because moving abroad, they discovered, is about far more than simply finding a place to live.

Still, the heartbeat of Flexzone Life has always been coaching. What began as Adrienne’s personal healing journey, learning breathwork, reclaiming flexibility, repairing nutrition, and diving into whole-person wellness, is now offered to high performers who need the same recalibration. Combined with Smitty’s expertise in bodybuilding and personal training, the coaching side of Flexzone Life helps clients rebuild from the inside out, pairing physical discipline with intentional design. One of Adrienne’s first true luxury moments in Mexico came months later, during a Thursday family beach day. Watching her daughters lounge and run along the shore, ordering lunch at a private beach club, she realized life here could be designed exactly how she wanted it to be.

Smitty found his own rhythm in Mexico’s warmth, culture, and gym community. Friendly faces and a surprising number of competitors, from bodybuilding to MMA, made the gym a second home. “If someone followed me for a day, they would probably be surprised to see me still going strong nearly three hours into my workout,” he laughs. “I train that long because I love it. Lifting weights gives me peace.” The other surprise was his commitment to sunbathing three or four times a week, simply because the sun is almost always shining.

Vision, Legacy, and Wellness Rewritten

Both Adrienne and Smitty see Flexzone Life as more than a brand. Adrienne calls Wellness Rewritten a movement in the making. It is about self-advocacy: questioning surface-level diagnoses, seeking multiple opinions, investing in food, sleep, functional medicine, and community. It is about making wellness as elite as your business, your home, and your goals. To them, wellness is not about abandoning ambition. It is about learning how to pursue success without sacrificing your health, your peace, your relationships, or yourself in



the process. Modern hustle culture has convinced many high performers that exhaustion is proof of commitment. Flexzone Life challenges that belief entirely. Their philosophy centers on the idea that leadership should include wholeness, embodiment, nervous system regulation, and intentional living, not just achievement.

Her long-term vision is ambitious: a Riviera Maya headquarters offering everything from wellness coaching to Pilates, yoga, stretch, breathwork, nutrition guidance, and personal training, alongside bodybuilding coaching. Smaller hubs throughout the region will extend the reach, and quarterly retreats will bring elite entrepreneurs together to recalibrate to elevate.

“At these retreats, no one has to wear a mask or feel the pressure of constantly representing their brand,” Adrienne explains. “They are not there as CEOs, influencers, or public figures. They are there simply as Lisa, Krissy, Jonathan, or Angela, for example, just themselves. It is a time to be among peers, to finally exhale without judgment, without critique, without the constant pressure to be perfect. That, to me, is the real luxury.”

The vision also extends beyond services into publishing. With the launch of Flexzone Life Magazine, available in both digital and print editions, the movement expands globally. The magazine gives voice to experts and achievers rewriting their own definitions of wellness, while uniting a community across borders.

Enrollment remains intentionally limited to preserve the high-touch, luxury experience Flexzone Life is known for. Through coaching, wellness experiences, and future retreats, Adrienne and Smitty continue guiding high performers toward a more intentional way of living, one rooted in discipline, presence, and sustainable wellness.

For Smitty, his role in the mission is one of unwavering support. He defines success not by money, fame, or recognition, but by achieving the goal you set for yourself. His lesson for others, and for his daughters, is timeless: “You can do whatever you want, as long as you are willing to do what must be done. It might be hard, painful, and time-consuming, but those challenges prove that you are who you say you are.”

Aligned Together

Their voices, though distinct, align in harmony: Adrienne, the visionary rewriting wellness for high achievers, and Smitty, the steady presence reminding us that discipline and consistency carve the path forward. Together, their journey proves that resilience, peace, and vision can transform not just a life but an entire movement.

From New York to Mexico, from burnout to better, their story is ultimately a reminder that success means very little if you are too disconnected to enjoy it. Wellness, they believe, is not about perfection. It is about progress, presence, and finally creating a life that feels as good internally as it may appear externally.

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DISCIPLINE BY DESIGN

By Charne “Smitty” Smith

Building a Body That Lasts: Why Discipline Beats Motivation Every Time

Most people approach fitness emotionally. They train when they feel inspired, energized, or frustrated enough to change. Motivation becomes the driver. The problem is motivation is unstable. It fluctuates with sleep, stress, schedule, mood, and life pressure. When motivation disappears, so does consistency. And without consistency, the body never truly adapts.

Discipline operates differently. Discipline removes emotion from execution. It creates structure, repetition, and accountability regardless of how you feel on a given day. When training becomes part of your identity rather than a reaction to discomfort, progress compounds. You stop negotiating with yourself. You simply show up and execute.

As a competitive bodybuilder and physique development coach, I see this distinction constantly. People who rely on motivation burn out quickly or plateau. People who operate with discipline develop stronger movement patterns, better recovery habits, and sustainable results. Discipline allows you to train intelligently rather than impulsively. It keeps volume appropriate, form consistent, and recovery respected. Over time, this is what builds physiques that last rather than bodies that constantly break down.

Where many people get confused is assuming discipline means punishment or rigidity. It does not. Discipline is simply intentional repetition aligned with a clear objective. It means training with purpose, fueling the body appropriately, prioritizing sleep, and honoring recovery cycles. It also means knowing when to push and when to pull back. True discipline protects longevity as much as it drives performance.

From a physiological standpoint, discipline creates predictable adaptation. Muscle tissue strengthens in response to progressive mechanical load. Tendons and ligaments remodel more slowly, requiring consistent, intelligently dosed stress over time to prevent breakdown. The nervous system calibrates motor patterns, coordination, and recovery efficiency through repeated exposure, not sporadic intensity. When training is



inconsistent, the body never fully adapts. Instead, it oscillates between overload and regression, increasing injury risk and stagnation. Disciplined training allows the body to stabilize hormonal signaling, regulate inflammation, improve insulin sensitivity, and reinforce joint integrity. This is why sustainable physique development is built through structured repetition, adequate recovery, and progressive demand rather than emotional bursts of effort.

This is also where leadership shows up in the body. The way you train mirrors how you manage commitments, pressure, and standards in the rest of your life. Discipline builds trust with yourself. It reinforces identity. It creates alignment between intention and action. Over time, your body becomes a physical expression of the standards you live by.

A strong physique is not built through intensity alone. It is built through patience, precision, and consistency. When discipline becomes the foundation, progress becomes inevitable and sustainable.

Discipline by Design will continue to explore the intersection of disciplined training systems, physical longevity, and intentional living in each issue of Flexzone Life.

Charne Smith “Smitty” is a competitive bodybuilder, physique development coach, and Co-Founder of Flexzone Life. He specializes in helping high performers build strong, resilient bodies through disciplined training systems, intelligent recovery, and long-term structural alignment. His coaching philosophy emphasizes sustainable performance over short term results, creating physiques that are powerful, functional, and built to last.

BUILT DIFFERENT

Discipline, Peace, and the Man Behind the Physique

Behind the physique is a man shaped by discipline, sacrifice, resilience, and intentional living. In this edition of Built Different, we sit down with Leonard Torreblanca to explore the mindset behind bodybuilding, the lessons forged through adversity, and the kind of strength that extends far beyond the gym.

From emotional resilience and self respect to peace, purpose, and perseverance, Leonard shares the principles that continue to shape the man he is becoming both inside and outside of competition.

What does discipline mean to you beyond the gym?

“For me, discipline defines people. It shows the commitment and respect you have to yourself and to the world around you. Discipline is self respect.”

When did you first realize you were built different?

“Going through a very difficult emotional stage in my life, I realized that one of my greatest strengths was my mindset. To organize my thoughts and feelings, I went to the gym to lift weights... and in the end, they lifted me.”

What has bodybuilding taught you about life that most people would never expect?

“Bodybuilding has given me more than just a great physique. It has given me wonderful moments, and I’ve met people who have truly added value to my life. It taught me to appreciate the effort of others and to be grateful for what I have.”

What part of your journey do people not see behind the physique, the stage, or the social media posts?

“People only see a well built physique, but they do not see the hours of training or the time spent preparing meals. They do not see the tears, the pain, the sweat, or the sacrifices we make to achieve our goals. Everyone wants the result without truly understanding the entire process.”

What keeps you going on the days you do not feel motivated?

“What keeps me going, even on the days when I have no energy or motivation, is the commitment I make to myself. I



cannot lie to myself, and I cannot fail myself. If I fail myself, what can the world expect from me?”

What role does peace play in your life now?

“Peace has enormous importance in my life. Emotional and mental calm are essential to achieving your goals. Anything that does not add value to my life, I do not want it.”

What has suffering, sacrifice, or struggle taught you about yourself?

“Suffering, difficulties, and sacrifices have taught me that with the right mindset, you can overcome any challenge.”

If someone reads your story in Flexzone Life Magazine, what is one thing you hope they walk away with?

“That there are no limits — the only limits are the ones we place on ourselves. There are no excuses when commitment comes from the heart. Dreams will never come knocking at your door; you have to go out, fight for them, and learn to enjoy the process.”

Bio:

Leonard Torreblanca is a competitive bodybuilder based in Playa del Carmen, Mexico. Through decades of discipline, training, and personal transformation, he continues to inspire others through his commitment to strength, resilience, and intentional living.

“Dreams will never come knocking at your door; you have to go out, fight for them, and learn to enjoy the process.”

CONSTRUIDO DIFERENTE

Disciplina, Paz y el Hombre Detrás del Físico

Detrás del físico hay un hombre moldeado por la disciplina, el sacrificio, la resiliencia y una vida intencional. En esta edición de Construido Diferente, conversamos con Leonard Torreblanca para explorar la mentalidad detrás del fisicoculturismo, las lecciones forjadas a través de la adversidad y el tipo de fortaleza que va mucho más allá del gimnasio. Desde la resiliencia emocional y el respeto propio hasta la paz, el propósito y la perseverancia, Leonard comparte los principios que continúan formando al hombre en el que se está convirtiendo, tanto dentro como fuera de la competencia.

¿Qué significa la disciplina para ti más allá del gimnasio?

“Para mí, la disciplina define a las personas. Muestra el compromiso y el respeto que tienes hacia ti mismo y hacia el mundo que te rodea. La disciplina es respeto propio.”
¿Cuándo te diste cuenta por primera vez de que estabas construido diferente?

“Pasando por una etapa emocional muy difícil en mi vida, me di cuenta de que una de mis mayores fortalezas era mi mentalidad. Para organizar mis pensamientos y emociones, fui al gimnasio a levantar pesas... y al final, ellas me levantaron a mí.”

¿Qué te ha enseñado el fisicoculturismo sobre la vida que la mayoría de las personas jamás imaginaría?

“El fisicoculturismo me ha dado mucho más que un gran físico. Me ha regalado momentos maravillosos y me permitió conocer personas que realmente han aportado valor a mi vida. Me enseñó a apreciar el esfuerzo de los demás y a ser agradecido por lo que tengo.”

¿Qué parte de tu camino no ve la gente detrás del físico, el escenario o las redes sociales?

“La gente solo ve un físico bien trabajado, pero no ven las horas de entrenamiento ni el tiempo dedicado a preparar comidas. No ven las lágrimas, el dolor, el sudor ni los sacrificios que hacemos para alcanzar nuestras metas. Todos quieren el resultado sin comprender realmente todo el proceso.”

¿Qué te mantiene avanzando en los días en los que no te sientes motivado?

“Lo que me mantiene avanzando, incluso en los días en que no tengo energía ni motivación, es el compromiso que tengo



conmigo mismo. No puedo mentirme a mí mismo y no puedo fallarme. Si me fallo a mí mismo, ¿qué puede esperar el mundo de mí?”

¿Qué papel juega la paz en tu vida actualmente?

“La paz tiene una enorme importancia en mi vida. La calma emocional y mental es esencial para alcanzar tus metas. Todo aquello que no aporte valor a mi vida, no lo quiero en ella.”

¿Qué te han enseñado el sufrimiento, el sacrificio o las dificultades sobre ti mismo?

“El sufrimiento, las dificultades y los sacrificios me han enseñado que con la mentalidad correcta puedes superar cualquier desafío.”

Si alguien lee tu historia en Flexzone Life Magazine, ¿qué esperas que se lleve consigo?

“Que no existen límites; los únicos límites son los que nosotros mismos nos imponemos. No hay excusas cuando el compromiso nace del corazón. Los sueños nunca tocarán la puerta de tu casa; tienes que salir, luchar por ellos y aprender a disfrutar el proceso.”

Bio:

Leonard Torreblanca es un fisicoculturista competitivo radicado en Playa del Carmen, México. A través de décadas de disciplina, entrenamiento y transformación personal, continúa inspirando a otros mediante su compromiso con la fortaleza, la resiliencia y una vida intencional. [FLEXZONELIFE.COM](https://flexzonelife.com)

REWRITING BEAUTY WELLNESS FOR DIVERSE HAIR & SKIN



By Theresa Hemmingway

Celebrity Trichologist-Cosmetologist and Founder of Soleil Universal Research Center

SURC is deeply committed to and founded on the core principles of purity, innovation, and authentic consumer care.

At Soleil Universal Research Center, we research the “Purity in Beauty” while exploring the boundaries of innovation and illuminating the path of discovery for multi textured hair and diverse skin tones.

Multi textured hair and diverse skin tones remain one of the most misunderstood and misrepresented demographics within the beauty sector, even though we make up the majority in consumer sales nationally and globally. Yet historically, we have been left with very few options in beauty and cosmetic products that truly work for us.

With so many beauty formulations containing carcinogenic ingredients, and so many consumers from this same demographic being diagnosed with breast cancer, fibroid tumors, uterine cancers, blood disorders, and other illnesses linked to the prolonged use of relaxers and chemical products, I became scared, tired, and angry over what these everyday salon products were doing to my clients, colleagues, and even myself.

“What part did I play in any of this as their cosmetologist?”

24 FLEXZONELIFE.COM

I have literally visited clients in the hospital, watching them slip away while questioning what role the beauty industry, and those of us within it, unknowingly played in their suffering.

These women came to me faithfully for years, trusting me with their crowns and their confidence. Yet we were never properly educated on the long term dangers behind many of the ingredients we were taught to use professionally.

After my own diagnosis with fibroid tumors in 2023, nearly 27 years after using many of these same products myself, I knew I could no longer stay silent.

I became tired of watching our communities remain invisible to an industry that rarely considered our hair textures, our skin tones, or our overall wellness in product development and formulation.

I was tired of hearing our hair described as “hard,” “dry,” or “difficult,” instead of being properly understood.

I was even one of the first professionals to contact the CDC during Covid 19 to discuss what I believed were significant links between the virus, hair loss, and permanent texture changes. At the time, I was not believed. Today, we know much more.

After more than 30 years in the beauty industry, from working



Theresa Hemmingway

as a young hairstylist to operating within entertainment and television, and now leading a cosmetic research center, I realized something important:

We need real people.

Real expertise.

Real lived experience.

SURC was created to bridge the gap between science,

wellness, beauty, culture, and authentic consumer insight.

While many traditional research facilities can feel sterile and disconnected from the communities they serve, SURC was intentionally designed differently. Our environment reflects a luxury wellness experience where consumers feel seen, heard, respected, and represented.

We specialize in authentic real time consumer assessments focused specifically on multi textured hair, melanin rich skin tones, and underserved beauty demographics.

SURC combines traditional quantitative and qualitative research with proprietary methodologies developed through decades of lived experience and industry expertise.

Our mission is rooted in plant-based sustainability, safer formulations, and protecting natural resources while helping shape the future of cosmetic innovation.

SURC also serves as a collaborative space for trichologists, cosmetologists, aestheticians, wellness professionals, clinical researchers, and consumer insight specialists who understand the importance of culturally informed beauty science.

“We are not niche. We are the market.”
And finally, the beauty industry is beginning to listen.

About Theresa Hemmingway

Theresa Hemmingway is a Celebrity Trichologist-Cosmetologist and Founder of Soleil Universal Research Center, the nation's first African American woman founded trichology cosmetologist led cosmetic research center focused on multi textured hair and diverse skin tones. With more than 30 years in the beauty industry, her work bridges beauty science, wellness, hair restoration, and culturally informed cosmetic innovation.

***“What part did I play in any of this as their cosmetologist?”
“I became tired of watching our communities remain invisible to an industry that rarely considered our hair textures, skin tones or our overall wellness.”***

- Theresa Hemmingway

Wellness Is Not a Practice. It's a System.



By the Flexzone Life Editorial Team

Wellness is often treated as a collection of good intentions. Drink more water. Exercise consistently. Meditate when time allows. Eat better when possible. These practices are familiar and widely promoted, yet they are rarely sustained. This is not because people lack discipline or desire. Wellness most often fails because it is approached as a set of isolated actions rather than as a system that must function as a whole.

A practice is something a person adds to an already full life. A system is something a person lives within. That distinction matters.

Research continues to reflect this reality. Chronic stress is associated with more than seventy percent of primary care visits in the United States. More than half of working adults report experiencing burnout, with rates even higher among high performers, caregivers, and those managing multiple responsibilities. The World Health Organization identifies burnout as an occupational phenomenon rooted in prolonged stress that has not been successfully managed. At the same time, the wellness industry continues to expand, offering more tools, protocols, and solutions than ever before. Outcomes, however, remain inconsistent. The issue is not a lack of resources. The issue is a lack of integration.

When wellness works, it operates as an interconnected system. The nervous system plays a central role in this process, whether it is acknowledged explicitly or not. It governs how the body responds to pressure, how efficiently it recovers, and how much stress it can tolerate before performance, health, or emotional regulation begin to decline. Regulation influences recovery. Recovery expands capacity. Capacity determines whether additional demands can be met without consequence. When this sequence is disrupted, even well intentioned habits lose their effectiveness.

This explains why two people can follow the same routine and experience very different outcomes. One person may feel energized and resilient. Another may feel depleted, anxious, or chronically inflamed. The difference is rarely the practice itself. It is timing, environment, context, and load. Wellness that is not integrated into the realities of daily life becomes another source of strain. Wellness designed as a system adapts as life changes.

Fragmentation carries a cost. When practices are layered without regard for how they interact, the body absorbs the imbalance. Sleep becomes disrupted. Digestion slows. Focus narrows. Emotional regulation requires more effort. Over time, the system compensates quietly until it no longer can. What appears to be sudden burnout is often the result of prolonged, unaddressed stress becoming visible.

A systems approach to wellness does not require intensity or perfection. It requires coherence. It invites different questions. Instead of asking what should be added, it asks what is already overloaded. Instead of searching for what is missing, it examines what is interfering with recovery. It recognizes that pace, environment, and rhythm shape outcomes as much as effort does.

A practical place to begin is assessment rather than ambition. Notice how the body responds to stress. Pay attention to how long recovery takes. Observe where effort consistently exceeds capacity. Wellness becomes durable when these questions are answered honestly.

Practices can support change. Systems are what allow change to last.

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WELLNESS ABROAD

By the Flexzone Life Editorial Team

Sometimes wellness is not found in another supplement, another routine, or another productivity system. Sometimes it is found in changing the environment entirely.

In slower mornings. In ocean air. In walking more and rushing less. In conversations that last longer. In sunlight that reaches the skin more often. In remembering what it feels like to move through the day without constant urgency.

Living abroad has a way of revealing how much stress modern life quietly teaches people to normalize. The pace changes. The priorities change. Even the body begins responding differently.

Wellness abroad is not about escaping life. It is about creating a life that feels more aligned with who you are becoming.

Sometimes a different environment does not just change your scenery. It changes your nervous system too.

ENDURANCE AND ENLIGHTENMENT: WHAT CYCLING AND YOGA TAUGHT ME



By Osvaldo Tenorio Barajas

Before I began my yoga practice, I was already training for cycling and running marathons. I felt complete during my training sessions, especially being connected with nature. But everything shifted when my mother passed in December 2020. She had always encouraged me to explore spiritual practices, and in her absence, I felt compelled to begin my yogi journey through Kriya Yoga.

As soon as I started, the breathing techniques transformed me. In cycling, I learned how to lower my heart rate to its minimum, even in the most intense sessions. Normally, training pushes the heart to its peak. But yoga showed me that there's balance. You can raise the heart rate to its highest and also bring it down to stillness. I became comfortable even in discomfort, able to remove my consciousness from pain and focus inward.

On the bike, the mind-body connection is everything. During long marathons, 60, 80, or 100 kilometers (up to 62 miles) the body tires first, then the mind. What's left is spirit. In

those moments of struggle, when you ask for strength beyond yourself, you realize something greater is carrying you. The divine within you keeps you moving when human energy runs out. That search for the eternal is what drives both cycling and yoga.

My parents were my first teachers: my father instilling discipline through sport, my mother planting the seed of higher searching. I first touched yoga at 15, but it took years of living, struggling, and cycling to bring me back. Today, my yoga practice even outweighs cycling. Hours on the mat lowering my breath and calming my mind have become the foundation of my discipline. Cycling taught me endurance, but yoga gave me presence. Together, they've made me whole. When we go inward, we touch the light within. That light gives us the strength to rise again and again, on trails, in life, and in spirit.

BIO: Osvaldo Tenorio Barajas is a competitive cyclist, Yogi and hospitality professional who resides in Guadalajara, Mexico.

CURRENTLY CURATED

THIS SEASONS SOUNDTRACKS

By the Flexzone Life Editorial Team

FOR PRAYER & STILLNESS

**"Yahweh" — All Nations Music
feat. Matthew Stevenson**

A return to stillness, surrender, and perspective. The kind of song that slows the room down and reminds you to breathe deeper.

FOR STRETCHING & BREATHWORK

**"Yahweh" — All Nations Music
feat. Matthew Stevenson**

Used during slower movement, breathwork, and the kind of moments that help the body finally exhale.

FOR CREATIVE EXPANSION

**"Água de Beber" — Astrud Gilberto
& Antônio Carlos Jobim**

For the moments that call for beauty, imagination, movement, possibility, and a wider view of life. A soundtrack for thinking beyond where you currently are.

FOR MOVING DIFFERENTLY

"Top of the World" — Brandy feat. Mase

A reminder that growth will not always be understood by everyone around you. Sometimes elevation changes how people respond to you. This song is for staying grounded in your own journey anyway.

FOR VIBING OUT

"L'enfer" — Stromae

For nights when you want to disappear into the music a little, coast mentally, and let the world quiet itself for a while.

FOR EVENING UNWINDING

Soft instrumentals, dim lighting, and nowhere else to be.





IN THE NEXT ISSUE

FALL 2026

The Summer 2026 launch issue was only the beginning.

This fall, Flexzone Life Magazine continues expanding the conversation around intentional living, recovery, strength, performance, beauty, movement, financial wellness, wellness abroad, and the evolving ways people are redefining what it means to live well.

Inside the Fall 2026 issue:

- The next edition of Currently Curated
- Expanded wellness destinations, spaces, and experiences
- New editions of recurring editorial features
- Conversations around longevity, beauty science, and nervous system health
- Cultural perspectives on movement, recovery, strength, and modern wellness
- Financial wellness, wealth regulation, and intentional living
- New contributors across wellness, performance, beauty, and lifestyle
- The continued evolution of wellness abroad and intentional living
- Stories centered on identity, reinvention, discipline, and restoration

We're building something thoughtful.

Something expansive.

Something designed to grow with the people reading it.

Thank you for being here at the beginning.

See you this fall.

Living Out Loud at 58



By Stephanie McSwine

I never imagined that at nearly 58 years old I would be pursuing a doctoral degree. For years, I poured myself into raising my children, homeschooling, and sacrificing my career so I could be fully present in their lives. That decision was one of love and service, but it also meant putting my own dreams on hold.

When the time came to think about what was next for me, fear almost won. I wondered if I was too old, if the moment had already passed. But something inside told me it wasn't too late. That voice pushed me to take the leap, not just for myself but for the generations watching me.

Going back to school at this stage of life was not easy. After decades away from classrooms, the challenge of writing papers and tackling new material felt overwhelming. There were nights I sat at my desk in tears, questioning if I had made a mistake. But in those moments, I remembered the women who had cheered me on — friends in their late fifties and sixties who believed in me even when I doubted myself. Their encouragement carried me through.

That same encouragement rippled outward. As I pressed forward, two of those very women were inspired to apply to graduate school themselves. Both were accepted. The joy I felt in watching them step into their own next chapters reminded me that courage is contagious. When we dare to keep going, we give others permission to do the same.

Now, as I continue my doctoral studies, at nearly 58, I live with a mindset that guides every decision: it's not too late. This

A Testimony of Faith, Resilience, and Rewriting What's Possible

season of life is not about regret; it's about redemption. It's about claiming the opportunities God places in front of me, no matter my age.

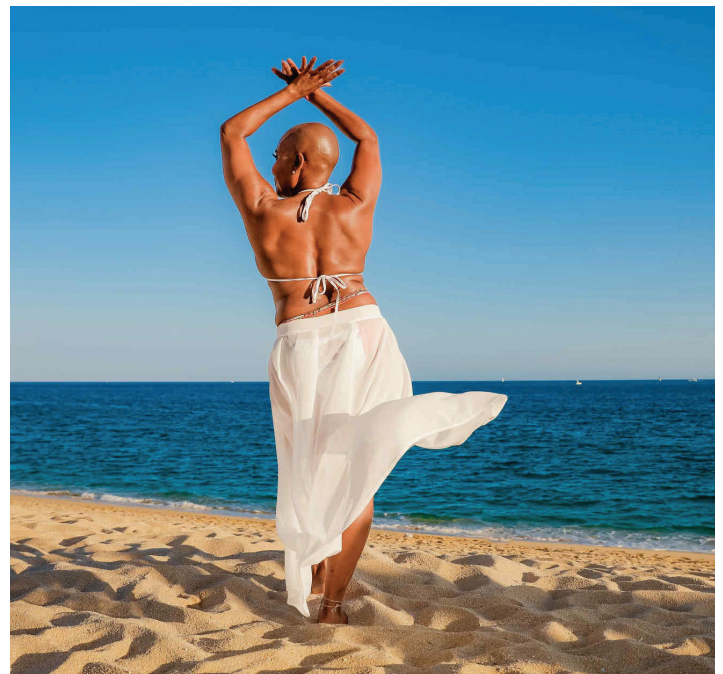
Resilience has been my constant companion. From personal hardships to moments of doubt, I've had to rise again and again. Each setback became a stepping stone, shaping me into a woman determined not just to survive, but to thrive. My children know my story, and I want them to see more than a mother who provided. I want them to see a woman who embodies resilience, power, and faith.

Legacy means more than money or status. For me it means opening doors wider for those who come after me and doing so with unity. I have set a new standard with my pursuit of advanced education that I hope my grandchildren will aspire to. This chapter of my life is proof that new beginnings don't come with an expiration date. Strength is not about how many years you've lived; it's about how boldly you live them. And possibility doesn't fade with age; it expands when we decide to believe again.

So, to every woman standing at the edge of "what if," I am living proof: it's never too late.

"Courage is Contagious"

- Stephanie McSwine



Nourish Intelligently

By Adrienne Dawkins-Smith, Certified Nutritionist,
Nervous System Regulation Coach and Co-Founder of Flexzone Life

Rethinking Your Plate in the New Nutrition Era

What the latest shifts in national nutrition standards mean for your metabolism, longevity, and daily choices.

For decades, most people were taught to build meals around outdated food pyramids that emphasized heavy carbohydrate intake, minimal fats, and generalized calorie targets. Those models shaped school lunches, grocery shopping habits, and even medical advice. But nutrition science has evolved and so have national dietary standards. The way we fuel our bodies is finally beginning to reflect what modern research has consistently shown about metabolism, inflammation, and long-term health. Recent updates in nutrition guidelines place greater emphasis on whole food quality, protein sufficiency, fiber diversity, healthy fats, and metabolic stability rather than rigid portion formulas. Instead of asking how many calories you should consume, the more relevant question has become how your food supports blood sugar balance, hormonal health, cognitive performance, and cellular resilience over time.

Protein now plays a more central role than it once did. Adequate protein supports muscle preservation, metabolic efficiency, bone density, and appetite regulation, especially as we age. Many adults significantly under consume protein, relying instead on processed carbohydrates that create energy spikes followed by crashes. Prioritizing high quality protein at each meal creates steadier energy and supports long term body composition and recovery.

Healthy fats have also been rehabilitated. Fats from sources such as olive oil, avocado, nuts, seeds, and properly sourced animal products support hormone production, brain health, and nutrient absorption. The fear driven low fat era created unintended consequences, often pushing people toward highly refined substitutes that increased inflammation and insulin disruption.

Fiber diversity has become another key focus. Instead of simply counting grams, attention has shifted toward feeding the gut microbiome through a wide variety of plant sources. Vegetables, berries, legumes, herbs, and fermented foods help regulate digestion, immunity, mood, and metabolic health. A resilient gut supports nearly every system in the body.

Perhaps the most important shift is the recognition that nutrition is not one size fits all. Genetics, stress load, sleep quality, activity level, hormonal stage, and nervous system regulation all influence how the body processes food. Intelligent nourishment requires listening to biofeedback rather than blindly following trends.

In practice, this new nutrition era invites simplicity over complexity. Build meals around whole ingredients. Anchor each plate with protein, color, fiber, and healthy fats. Reduce reliance on ultra processed foods that disrupt appetite signaling and metabolic balance. Hydrate consistently. Eat in a regulated nervous system state whenever possible. These fundamentals outperform extreme protocols over time.

Food is not just fuel. It is information for the nervous system, immune system, and metabolic pathways. When nourishment is intentional and aligned with physiology, energy stabilizes, cravings diminish, clarity improves, and resilience strengthens.

Nourish Intelligently will continue to explore the intersection of nutrition science, metabolic health, and intentional living in each issue of Flexzone Life.

Adrienne Dawkins Smith is the Co-Founder of Flexzone Life and Editor in Chief of Flexzone Life Magazine. Formerly a New York City talk show correspondent, she is now a certified nutritionist and nervous system regulation coach whose work bridges nervous system science, intentional living, and performance driven health for high achieving individuals seeking sustainable transformation.





WELLNESS REWRITTEN

FINAL REFLECTIONS

By the Flexzone Life Editorial Team

This issue came together across airports, voice notes, gym sessions, cafés, late nights, long conversations, and quiet moments in between.

Some stories were rooted in science. Others were rooted in experience. Many existed somewhere in the middle.

What connected all of them was a shared desire to live with greater intention, awareness, and honesty about what wellness actually requires.

The wellness industry often presents transformation as something polished and perfectly packaged. Real life rarely works that way. Sometimes wellness looks like rebuilding after exhaustion. Sometimes it looks like changing environments, protecting your peace, learning your body again, or finally questioning the pace you once thought you had to maintain.

For some people, wellness begins the moment they finally feel heard. It begins with asking better questions, advocating for themselves more deeply, or recognizing that being dismissed is not the same thing as being healed. Many people are navigating burnout, chronic stress, hormonal shifts, autoimmune conditions, nervous system dysregulation, and other challenges while still trying to function through everyday life. Real wellness often starts long before the answers arrive.

This launch issue was never meant to present wellness as one idealized image or singular philosophy. It was created to explore the many ways people, practitioners, and wellness centered brands are redefining what a well lived life can look like for themselves and the communities they serve.

Perhaps that is the reminder at the center of all of this: your life is allowed to feel good again.

Thank you for being here at the beginning.

Flexzone Life · Summer 2026

YUM YUM
BY GEORGE

Wild flavours

Brunch
Lunch
Dinner



NOURISHMENT REWRITTEN – from sunrise pastries to evening fine dining, **Yum Yum** invites you to savor the artistry of Thai & Vietnamese cuisine in Playa del Carmen: unforgettable, fresh, refined & crafted for those who crave balance, taste and intentional living.



WELLNESS REWRITTEN

Join the Flexzone Life Community.

An international wellness community for high performers rewriting success, wellness, and intentional living.



FREE COMMUNITY

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- ✓ Monthly wellness letter
- ✓ Early access to retreats and experiences
- ✓ Founder wellness insights and updates



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- ✓ Workout and stretch guidance
- ✓ Members-only wellness resources
- ✓ Priority access to future retreats

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